

What Incredible Choices

Montana WIC Program

1-800-433-4298

10-A

Teachable Moments with Fruits and Vegetables

Preschool children love to learn and talk about new things. As your child's first teacher, you can use fruits and vegetables to help her learn new skills and information about the world around her.

Learn how to compare and classify.

Explore how to compare the look, feel, or smell of one item to another, as well as how to put them into groups. *How does the skin of this kiwifruit feel compared to this apple? Let's see if we can find lots of the leafy green vegetables as we walk around farmers' market.*

Learn about alike and different.

While shopping, explore ways that a group of vegetables or fruits are different, as well as the ways they are alike. *Look at these oranges, grapefruits, tangerines, lemons, and limes. How are they all the same? (all round) How are they all different? (different colors)*

Learn about a rainbow of colors.

Fruits and vegetables are perfect for learning colors and getting kids to eat a variety of produce at the same time. *Let's see how many colors we can put into this salad for dinner tonight? (green lettuce, red tomato, orange pepper, and white cauliflower)*

Learn about a variety of sizes and shapes.

Fruits and vegetables come in all sizes and shapes – perfect to explore in the store, garden, or farmers' market. *Look at these tiny blueberries, medium apples, and gigantic pumpkins. Those are all round. What tall skinny vegetables do you see? (carrots, celery, asparagus)*

Learn about numbers and counting.

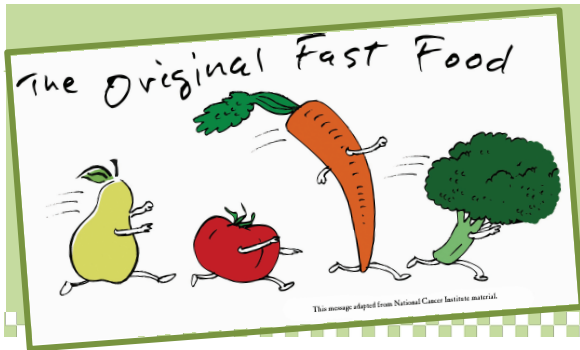
Here's another fun way to teach children and increase their fruit and vegetable intake at the same time. *How many peas are in this pod? How many baby carrots can you eat like a little bunny? How many banana slices can you eat like a baby monkey?*

What teachable moment can you have with kids today?



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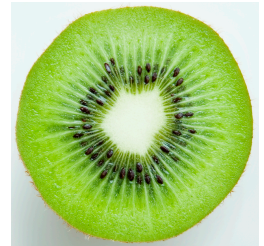
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10-B

KIWIFRUIT



This fuzzy little fruit was a favorite of ancient Chinese emperors.

HOW TO CHOOSE

- Choose kiwifruit that are slightly firm with fuzzy rough skin.
- Size doesn't matter for kiwi flavor, but avoid blemished fruit.

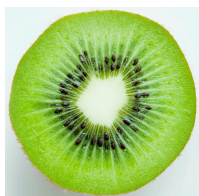
HOW TO STORE

- Store unripe fruit in plastic bags in fridge for up to 6 weeks.
- Kiwifruit is ripe when it gives in to slight pressure from a thumb.

NUTRITION FACTS

- Fuzzy kiwifruits are very high in vitamin C, and good sources of fiber, potassium, and vitamin E, with only 45 calories per fruit.

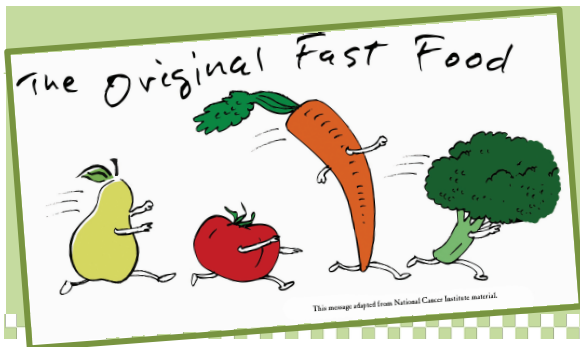
Fun ways for your family to enjoy the tangy sweetness of kiwifruit



- The bright green color and distinctive flavor of kiwifruit are perfect for all types of salads; green, fruit, tuna, and chicken.
- Kiwis are for breakfast too – on top of yogurt, cereal, or pancakes.
- Kiwis are perfect for snacking, including the skin! Just rinse and bite into a whole kiwi or cut into quarters. You can also “sloop” a kiwi: Cut in half, use a spoon to scoop out the tasty green center.

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10-C

CABBAGE:



Green, Purple, Savoy, and More

Cabbage belongs to the same family as broccoli and kale.

HOW TO CHOOSE

- Choose cabbage heads with tight, compact leaves and no visible holes.
- Select heads that feel heavy for their size.

HOW TO STORE

- Remove outer leaves, but do not wash cabbage.
- Refrigerate in bags in crisper drawer for up to 7 days. Wash before eating.

NUTRITION FACTS

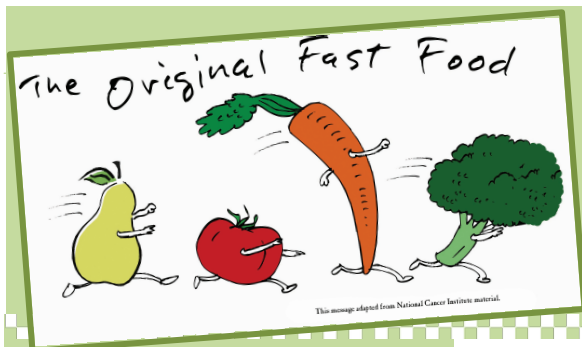
- Cabbage is an excellent source of vitamin C. Like other vegetables in this family, it may help prevent some cancers.

Easy ways for your family to enjoy different types of cabbages



- The mild flavor of green cabbage is perfect raw – in salads and slaws (grated cabbage salads).
- While purple cabbage has a slightly stronger flavor, the bright color goes great in salads.
- Traditional on St. Patrick's Day with corned beef, green and red cabbage can be added to soups, stews, and casseroles. Chinese cabbage or bok choy is ideal for stir-fries with vegetables and meat.

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10-D

Kiwi Salad with Yogurt Dressing: Sweet, Nutrient-Rich, and Made-to-Please

This kid-friendly salad can be made with many different fruits and yogurt flavors. Let children choose the fruits to add and the type of yogurt. **When they choose it, they are more likely to eat it!**

Ingredients

- 3 kiwifruit
- 1-2 other fruits, such as apples, bananas, oranges, or strawberries
- 1 small carton plain or flavored low-fat yogurt
- Optional: 1 tablespoon of chopped nuts (almonds, peanuts, etc.)

Wash the kiwifruit under cold running water. Peel the skin, if desired (the skin is completely edible). Cut kiwi into round slices. Ripe kiwis are usually soft enough to cut with a table knife, so kids can do it!

Prepare other fruit by cutting into slices or pieces. Sweet, tangy kiwis go well with almost any other fruit; they look beautiful with brightly colored items like berries. When in doubt, choose what it is season. Put all fruit into a bowl or lay slices out in a circle on a plate.

Dress with a few spoonfuls of flavored low-fat yogurt (stir rapidly with a spoon in carton to make it a bit thinner). You can also mix plain yogurt with a little fruit juice or honey (to taste) and ½ teaspoon of grated orange, lemon, or lime peel. Sprinkle with nuts and serve.

Grocery Shopping with Kids: Make It Easy on Everyone

- The worst time to shop is when children are hungry, tired, or cranky. If this is your only option, buy a smart snack (like a cheese stick or baby carrots) and get in-and-out as quickly as you can.
- If you have a choice, shop when everyone is well-rested and well-fed. Use a shopping list as your guide and stick to the departments, like produce, with the nutrient-rich foods you want to buy. Steer clear of the all-too-tempting snack, candy, or soda aisles. Talk to your children about nutrition and cooking while you shop. *Now we're going to the grocery store. What do we buy in this store? That's right, yummy food for you! How about some of these furry little kiwis for a salad?*

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